

Course Details

Riders numbers will be available at the HQ
You must SIGN IN and SIGN OUT

COURSE F20/10 - 10 MILES

Please note that it is approximately 2½ miles from the HQ to the start.

Start (GR 358126) on A10 southbound carriageway at southern end of lay-by approximately half a mile south of Rush Green elevated roundabout (junction of A10 and A414) at 6th cats eye north of post marked 51/28. Proceed south past exits for A414 Harlow and A1170 Hoddesdon, to:-

Turn (4.8 miles) at Turnford elevated roundabout. (signposted Broxbourne, Wormley, Turnford A1170). Take second exit onto slip road to join A10 northbound. Continue north on A10 past exits for A1170 Hoddesdon and A414 Harlow, to:-

Finish at first cat's-eye south of northern end of island in lay-by, approx. half a mile south of Rush Green elevated roundabout.

N.B. On finishing riders must not stop, but continue riding to take first exit (A414) to Rush Green elevated RAB and make their way back to the event HQ.

Local Regulation: Please note that there must be no parking of motor vehicles in the vicinity of the start and finish points apart from that of the timekeepers' or other event officials.

In order to avoid milling about and congestion at the start riders should not go to the start more than 5 minutes before their due time. The timekeeper or other club official should ensure that riders do not congest or obstruct the lay-by for other users.

There will be marshals on the course but the onus of keeping to the course is on the rider.

Local Regulation No. 3

No cars other than those of the timekeepers and other event officials are to be parked in the vicinity of the start or finish points.

NOTES :

All competitors must wear a **HARD SHELL HELMET** that meets an internationally accepted safety standard.

FRONT & REAR LIGHTS – All competitors must have affixed a working white light and to the rear a working red light – both of which can be either flashing or constant in a position that is visible to other road users. **NO LIGHTS = NO RIDE.**

N.B. For the purposes of Regulation 14

For riders riding Road Bikes competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Triabar position by resting the forearms on the handlebars."

Whitewebbs Cycling Club

**10 mile Time Trial
for the
Fred Meekcoms Memorial Trophy**

Course :- F20/10

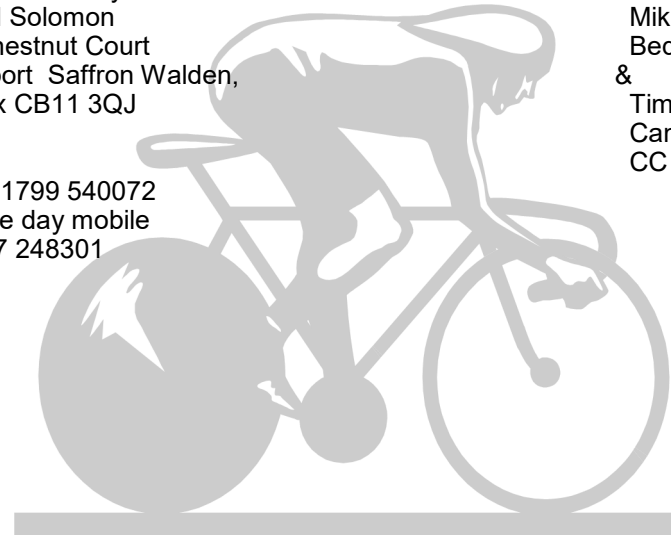
Saturday 10th June 2023

Headquarters & Changing Rooms - Please use them
Great Amwell Parish Hall
Hillside Lane, Amwell, Hertfordshire SG12 9SH

Event Secretary :-
David Solomon
12 Chestnut Court
Newport Saffron Walden,
Essex CB11 3QJ

Timekeepers :-
Mike Bannister
Beds RC
&
Tim Groves
Cambridge T&C
CC

Tel. 01799 540072
On the day mobile
07817 248301



PRIZES

1st £35

2nd £25

3rd £15

Promoted for and on behalf of Cycling Time Trials under
their Rules & Regulations

